

IAWA (UK) Bob Smith All Round Postal League 2019 – Leg 3 - compiled by Chris Bass.

Ranking of Teams

| | | | |
|----|-----------------|---|-------|
| 1 | Granby1 | Steve Andrews, Steve Sherwood, Mark Godleman | 994.6 |
| 2 | Sunbury1 | Rick Meldon, Michelle Ryder, Joshua Jones | 937.0 |
| 3 | Castlemilk | Gary Ell, Andy Tomlin, Matthew Finkle | 847.4 |
| 4 | Metamorfit1 | Jamie Livens, Paul Barette, Danny Kingsland | 781.1 |
| 5 | Metamorfit2 | Rouhul Uddin, Ed Shorttle, Beata Banas | 695.6 |
| 6 | Haven Hotshots | Tony Cook, Wayne Pawson, Terry Morris | 680.4 |
| 7 | Metamorfit3 | Lara Bennett, Natalie Voce, Brandon Hazell-Hyland | 584.7 |
| 8 | Sunbury2 | Jeff Luther, Trevor Evans | 448.7 |
| 9 | Twyford Celts | Maddy Ell, Max Ell | 438.6 |
| 10 | Metamorfit4 | Charlotte Hughes, Maria Bennett | 335.0 |
| 11 | Granby2 | Mark Shaw | 216.6 |
| 12 | Haven Hotentots | Dave Morton | 160.6 |

Ranking of Lifters

| | | | | | |
|----|-----------------|-------|----|-----------------------|-------|
| 1 | Rick Meldon | 376.3 | 15 | Maddy Ell | 231.5 |
| 2 | Gary Ell | 338.9 | 16 | Jeff Luther | 230.7 |
| 3 | Steve Andrews | 338.2 | 17 | Wayne Pawson | 229.0 |
| 4 | Steve Sherwood | 331.6 | 18 | Ed Shorttle | 228.2 |
| 5 | Mark Godleman | 324.8 | 19 | Beata Banas | 224.0 |
| 6 | Michelle Ryder | 302.2 | 20 | Trevor Evans | 218.0 |
| 7 | Jamie Livens | 268.5 | 21 | Mark Shaw | 216.6 |
| 8 | Tony Cook | 264.2 | 22 | Max Ell | 207.1 |
| 9 | Andy Tomlin | 262.1 | 23 | Lara Bennett | 200.6 |
| 10 | Paul Barette | 261.0 | 24 | Natalie Voce | 194.3 |
| 11 | Joshua Jones | 258.5 | 25 | Brandon Hazell-Hyland | 189.8 |
| 12 | Danny Kingsland | 251.6 | 26 | Terry Morris | 187.1 |
| 13 | Matthew Finkle | 246.4 | 27 | Charlotte Hughes | 186.9 |
| 14 | Rouhul Uddin | 243.4 | 28 | Dave Morton | 160.6 |
| | | | 29 | Maria Bennett | 148.1 |

Ranking of Lifters per Lift & Record Breakers.

▲ World Junior/Masters, ● World Open, ^{BR}British, ¹Single Ref

Squat

| Lifter | Age | % | Class | Kilos | Points |
|-------------------|-------|----|-------|--------------------|--------|
| Rick Meldon | 55+ | 16 | 90 | 215.4▲ | 109.3 |
| Steve Sherwood | 65+ | 32 | 85 | 152.5 | 90.7 |
| Gary Ell1 | 45+ | 9 | 100 | 190.0 | 86.2 |
| Mark Godleman | 55+ | 18 | 105 | 180.0 | 84.3 |
| Steve Andrews | 55+ | 21 | 65 | 115.0 | 73.0 |
| Michelle Ryder | 45+ | 39 | 45 | 70.0▲● | 70.0 |
| Joshua Jones | Open | 0 | 75 | 145.4 | 69.7 |
| Matthew Finkle1 | 50+ | 14 | 65 | 110.0 | 67.3 |
| Jamie Livens1 | Open | 0 | 75 | 130.0 | 64.7 |
| Paul Barette1 | 40+ | 4 | 85 | 125.0 | 59.2 |
| Maddy Ell1 | Open | 33 | 50 | 65.5 | 58.7 |
| Tony Cook1 | 80+ | 62 | 85 | 80.0 | 58.0 |
| Andy Tomlin1 | 50+ | 13 | 90 | 117.5 | 57.0 |
| Wayne Pawson | 50+ | 13 | 85 | 112.5 | 56.5 |
| Charlotte Hughes1 | Open | 33 | 85 | 90.0 | 54.8 |
| Ed Shorttle1 | 60+ | 24 | 80 | 95.0 | 54.2 |
| Rouhul Uddin | Open | 0 | 75 | 110.0 | 53.2 |
| Beata Banas | Open | 33 | 75 | 80.0 | 52.9 |
| Danny Kingsland1 | Open | 0 | 60 | 90.0 | 51.6 |
| Dave Morton | 60+ | 21 | 75 | 85.0 | 49.3 |
| Max Ell1 | Open | 33 | 45 | 52.5 | 49.2 |
| Mark Shaw1 | 55+ | 20 | 85 | 90.0 | 48.4 |
| Lara Bennett | 14-15 | 58 | 60 | 52.5 ^{BR} | 47.6 |
| Brandon H-Hyland | 16-17 | 5 | 80 | 92.5 | 45.6 |
| Terry Morris1 | 60+ | 25 | 110 | 90.0 | 43.8 |
| Trevor Evans1 | 70+ | 46 | 85 | 65.0 | 43.6 |
| Natalie Voce1 | Open | 33 | 80 | 70.0 | 43.0 |
| Jeff Luther1 | 60+ | 25 | 75 | 65.0 | 40.5 |
| Maria Bennett | 55+ | 52 | 95 | 32.5▲ | 20.8 |

Bench Press (FOF)

| Lifter | Age | % | Class | Kilos | Points |
|-------------------|-------|----|-------|--------|--------|
| Rick Meldon | 55+ | 16 | 90 | 125.4▲ | 100.3 |
| Gary Ell1 | 45+ | 9 | 100 | 122.5 | 87.6 |
| Mark Godleman | 55+ | 18 | 105 | 110.0 | 81.2 |
| Steve Andrews | 55+ | 21 | 65 | 80.0 | 80.1 |
| Tony Cook1 | 80+ | 62 | 85 | 70.0 | 80.0 |
| Steve Sherwood | 65+ | 32 | 85 | 85.0 | 79.7 |
| Trevor Evans1 | 70+ | 46 | 85 | 72.5 | 76.6 |
| Michelle Ryder | 45+ | 39 | 45 | 45.0▲ | 71.0 |
| Andy Tomlin1 | 50+ | 13 | 90 | 92.5 | 70.7 |
| Jamie Livens1 | Open | 0 | 75 | 90.0 | 70.7 |
| Wayne Pawson | 50+ | 13 | 85 | 89.0 | 70.5 |
| Danny Kingsland1 | Open | 0 | 60 | 77.5 | 70.0 |
| Rouhul Uddin | Open | 0 | 75 | 90.0 | 68.7 |
| Matthew Finkle1 | 50+ | 14 | 65 | 70.0 | 67.6 |
| Joshua Jones | Open | 0 | 75 | 85.4 | 64.6 |
| Jeff Luther1 | 60+ | 25 | 75 | 65.0 | 63.9 |
| Ed Shorttle1 | 60+ | 24 | 80 | 70.0 | 63.0 |
| Paul Barette1 | 40+ | 4 | 85 | 77.5 | 57.9 |
| Beata Banas | Open | 33 | 75 | 55.0 | 57.3 |
| Maddy Ell1 | Open | 33 | 50 | 40.0 | 56.5 |
| Mark Shaw1 | 55+ | 20 | 85 | 65.0 | 55.1 |
| Dave Morton | 60+ | 21 | 75 | 60.0▲ | 54.9 |
| Terry Morris1 | 60+ | 25 | 110 | 71.0 | 54.5 |
| Natalie Voce1 | Open | 33 | 80 | 55.0 | 53.2 |
| Brandon H-Hyland | 16-17 | 5 | 80 | 67.5 | 52.4 |
| Max Ell1 | Open | 33 | 45 | 35.0 | 51.7 |
| Lara Bennett | 14-15 | 58 | 60 | 32.5▲ | 46.5 |
| Maria Bennett | 55+ | 52 | 95 | 42.5▲ | 42.9 |
| Charlotte Hughes1 | Open | 33 | 85 | 42.5 | 40.8 |

2H Deadlift

| 2H Deadlift | | | | | | Crucifix | | | | | |
|-------------------|-------|----|-------|--------------------|--------|-------------------|-------|----|-------|--------|--------|
| Lifter | Age | % | Class | Kilos | Points | Lifter | Age | % | Class | Kilos | Points |
| Michelle Ryder | 45+ | 39 | 45 | 115.0▲● | 93.2 | Steve Andrews | 55+ | 21 | 65 | 42.5 | 109.2 |
| Rick Meldon | 55+ | 16 | 90 | 220.4▲ | 90.6 | Gary Ell1 | 45+ | 9 | 100 | 50.0 | 91.8 |
| Steve Sherwood | 65+ | 32 | 85 | 185.0 | 89.1 | Rick Meldon | 55+ | 16 | 90 | 37.0▲ | 76.0 |
| Mark Godleman | 55+ | 18 | 105 | 220.0 | 83.5 | Mark Godleman | 55+ | 18 | 105 | 40.0 | 75.8 |
| Paul Barette1 | 40+ | 4 | 85 | 200.0 | 76.8 | Jeff Luther1 | 60+ | 25 | 75 | 30.0 | 75.7 |
| Tony Cook1 | 80+ | 62 | 85 | 130.0 | 76.3 | Steve Sherwood | 65+ | 32 | 85 | 30.0 | 72.2 |
| Steve Andrews | 55+ | 21 | 65 | 147.5 | 75.9 | Danny Kingsland1 | Open | 0 | 60 | 30.0● | 69.6 |
| Matthew Finkle1 | 50+ | 14 | 65 | 150.0 | 74.4 | Michelle Ryder | 45+ | 39 | 45 | 16.8▲● | 68.0 |
| Gary Ell1 | 45+ | 9 | 100 | 200.0 | 73.5 | Paul Barette1 | 40+ | 4 | 85 | 35.0 | 67.1 |
| Maddy Ell1 | Open | 33 | 50 | 100.0 | 72.6 | Andy Tomlin1 | 50+ | 13 | 90 | 32.5 | 63.8 |
| Jamie Livens1 | Open | 0 | 75 | 180.0 | 72.6 | Jamie Livens1 | Open | 0 | 75 | 30.0 | 60.5 |
| Andy Tomlin1 | 50+ | 13 | 90 | 180.0 | 70.7 | Rouhul Uddin | Open | 0 | 75 | 30.0 | 58.8 |
| Max Ell1 | Open | 33 | 45 | 90.0 | 68.3 | Joshua Jones | Open | 0 | 75 | 30.0 | 58.2 |
| Beata Banas | Open | 33 | 75 | 125.0 | 66.9 | Lara Bennett | 14-15 | 58 | 60 | 15.0▲ | 55.1 |
| Joshua Jones | Open | 0 | 75 | 170.0 | 66.0 | Mark Shaw1 | 55+ | 20 | 85 | 25.0 | 54.4 |
| Terry Morris1 | 60+ | 25 | 110 | 165.0 | 65.1 | Trevor Evans1 | 70+ | 46 | 85 | 20.0 | 54.2 |
| Ed Shorttle1 | 60+ | 24 | 80 | 140.0 | 64.7 | Tony Cook1 | 80+ | 62 | 85 | 17.0 | 49.9 |
| Rouhul Uddin | Open | 0 | 75 | 160.0 | 62.7 | Natalie Voce1 | Open | 33 | 80 | 20.0 | 49.7 |
| Danny Kingsland1 | Open | 0 | 60 | 130.0 | 60.4 | Beata Banas | Open | 33 | 75 | 17.5 | 46.8 |
| Mark Shaw1 | 55+ | 20 | 85 | 135.0 | 58.8 | Ed Shorttle1 | 60+ | 24 | 80 | 20.0 | 46.2 |
| Wayne Pawson | 50+ | 13 | 85 | 141.0 | 57.4 | Wayne Pawson | 50+ | 13 | 85 | 22.0 | 44.7 |
| Dave Morton | 60+ | 21 | 75 | 120.0 | 56.4 | Maddy Ell1 | Open | 33 | 50 | 12.0 | 43.6 |
| Charlotte Hughes1 | Open | 33 | 85 | 110.0 | 54.3 | Brandon H-Hyland | 16-17 | 5 | 80 | 20.0 | 39.9 |
| Brandon H-Hyland | 16-17 | 5 | 80 | 130.0 | 51.9 | Maria Bennett | 55+ | 52 | 95 | 15.0▲ | 38.9 |
| Lara Bennett | 14-15 | 58 | 60 | 70.0 ^{BR} | 51.4 | Max Ell1 | Open | 33 | 45 | 10.0 | 37.9 |
| Jeff Luther1 | 60+ | 25 | 75 | 100.4 | 50.7 | Matthew Finkle1 | 50+ | 14 | 65 | 15.0 | 37.2 |
| Natalie Voce1 | Open | 33 | 80 | 97.5 | 48.5 | Charlotte Hughes1 | Open | 33 | 85 | 15.0 | 37.0 |
| Maria Bennett | 55+ | 52 | 95 | 87.5▲ | 45.4 | Terry Morris1 | 60+ | 25 | 110 | 12.0 | 23.7 |
| Trevor Evans1 | 70+ | 46 | 85 | 80.4 | 43.6 | Dave Morton | 60+ | 21 | 75 | 0.0 | 0.0 |

Ranking of Teams after Legs 1+2+3.

| | | | |
|----|-----------------|---|--------|
| 1 | Granby1 | Steve Sherwood, Steve Andrews , Mark Godleman | 2781.3 |
| 2 | Castlemilk | Gary Ell, Andy Tomlin, Matthew Finkle | 2536.6 |
| 3 | Metamorfit1 | Jamie Livens, Paul Barette, Danny Kingsland | 2381.3 |
| 4 | Sunbury1 | Michelle Ryder, Jeff Luther, Trevor Evans | 2284.3 |
| 5 | Haven Harlots | Tony Cook, Terry Morris, Dave Morton | 2098.1 |
| 6 | Metamorfit2 | Beata Banas, Ed Shorttle, Rouhul Uddin | 2019.5 |
| 7 | Metamorfit3 | Lara Bennett, Natalie Voce, Brandon Hazell-Hyland | 1673.7 |
| 8 | Twyford Celts | Maddy Ell, Max Ell | 1400.9 |
| 9 | Metamorfit4 | Maria Bennett, Charlotte Hughes | 792.4 |
| 10 | Sunbury2 | Joshua Jones, Rick Meldon, | 636.3 |
| 11 | Granby2 | Mark Shaw | 436.4 |
| 12 | Haven Hotentots | Wayne Pawson | 393.6 |

Ranking of Lifters after Legs 1+2+3

| | | | | | |
|----|-----------------|--------|----|-----------------------|-------|
| 1 | Steve Sherwood | 1002.2 | 16 | Rouhul Uddin | 661.4 |
| 2 | Steve Andrews | 936.3 | 17 | Mark Godleman | 644.1 |
| 3 | Gary Ell | 921.5 | 18 | Terry Morris | 643.5 |
| 4 | Andy Tomlin | 840.2 | 19 | Mark Shaw | 635.0 |
| 5 | Jamie Livens | 822.1 | 20 | Dave Morton | 623.3 |
| 6 | Paul Barette | 811.2 | 21 | Trevor Evans | 616.3 |
| 7 | Matthew Finkle | 774.8 | 22 | Lara Bennett | 586.3 |
| 8 | Michelle Ryder | 773.1 | 23 | Natalie Voce | 544.5 |
| 9 | Tony Cook | 762.8 | 24 | Brandon Hazell-Hyland | 542.9 |
| 10 | Danny Kingsland | 738.0 | 25 | Joshua Jones | 486.0 |
| 11 | Maddy Ell | 735.4 | 26 | Wayne Pawson | 462.1 |
| 12 | Beata Banas | 686.5 | 27 | Maria Bennett | 450.1 |
| 13 | Ed Shorttle | 681.5 | 28 | Rick Meldon | 376.3 |
| 14 | Jeff Luther | 668.8 | 29 | Charlotte Hughes | 342.3 |
| 15 | Max Ell | 665.5 | | | |

| Power Set | | Age | CLASS | Squat | Bench | Deadlift | TOTAL | TOTAL |
|-------------------|---|-------|-------|-------|-----------|----------|---------------------|--------|
| NAME | | Class | Kilos | KILOS | Press FOF | KILOS | KILOS | POINTS |
| Rick Meldon | M | 55+ | 90 | 215.4 | 125.4 | 220.4 | 561.2 ^{BR} | 300.3 |
| Steve Sherwood | M | 65+ | 85 | 152.5 | 85.0 | 185.0 | 422.5 ^{BR} | 259.4 |
| Mark Godleman | M | 55+ | 105 | 180.0 | 110.0 | 220.0 | 510.0 ^{BR} | 249.0 |
| Gary Ell1 | M | 45+ | 100 | 190.0 | 122.5 | 200.0 | 512.5 | 247.2 |
| Michelle Ryder | F | 45+ | 45 | 70.0 | 45.0 | 115.0 | 230.0 ^{BR} | 234.2 |
| Steve Andrews | M | 55+ | 65 | 115.0 | 80.0 | 147.5 | 342.5 ^{BR} | 229.0 |
| Tony Cook1 | M | 80+ | 85 | 80.0 | 70.0 | 130.0 | 280.0 | 214.3 |
| Matthew Finkle1 | M | 50+ | 65 | 110.0 | 70.0 | 150.0 | 330.0 | 209.3 |
| Jamie Livens1 | M | Open | 75 | 130.0 | 90.0 | 180.0 | 400.0 | 208.0 |
| Joshua Jones | M | Open | 75 | 145.4 | 85.4 | 170.0 | 400.8 | 200.3 |
| Andy Tomlin1 | M | 50+ | 90 | 117.5 | 92.5 | 180.0 | 390.0 | 198.3 |
| Paul Barette1 | M | 40+ | 85 | 125.0 | 77.5 | 200.0 | 402.5 | 193.9 |
| Maddy Ell1 | F | Open | 50 | 65.5 | 40.0 | 100.0 | 205.5 | 187.9 |
| Rouhul Uddin | M | Open | 75 | 110.0 | 90.0 | 160.0 | 360.0 | 184.6 |
| Wayne Pawson | M | 50+ | 85 | 112.5 | 89.0 | 141.0 | 342.5 | 184.3 |
| Danny Kingsland1 | M | Open | 60 | 90.0 | 77.5 | 130.0 | 297.5 | 182.0 |
| Ed Shorttle1 | M | 60+ | 80 | 95.0 | 70.0 | 140.0 | 305.0 | 182.0 |
| Beata Banas | F | Open | 75 | 80.0 | 55.0 | 125.0 | 260.0 | 177.2 |
| Max Ell1 | F | Open | 45 | 52.5 | 35.0 | 90.0 | 177.5 | 169.2 |
| Trevor Evans1 | M | 70+ | 85 | 65.0 | 72.5 | 80.4 | 217.9 | 163.8 |
| Terry Morris1 | M | 60+ | 110 | 90.0 | 71.0 | 165.0 | 326.0 | 163.5 |
| Mark Shaw1 | M | 55+ | 85 | 90.0 | 65.0 | 135.0 | 290.0 | 162.2 |
| Dave Morton | M | 60+ | 75 | 85.0 | 60.0 | 120.0 | 265.0 ^{BR} | 160.6 |
| Jeff Luther1 | M | 60+ | 75 | 65.0 | 65.0 | 100.4 | 230.4 | 155.0 |
| Brandon H-Hyland | M | 16-17 | 80 | 92.5 | 67.5 | 130.0 | 290.0 | 149.9 |
| Charlotte Hughes1 | F | Open | 85 | 90.0 | 42.5 | 110.0 | 242.5 | 149.9 |
| Lara Bennett | F | 14-15 | 60 | 52.5 | 32.5 | 70.0 | 155.0 ^{BR} | 145.5 |
| Natalie Voce1 | F | Open | 80 | 70.0 | 55.0 | 97.5 | 222.5 | 144.6 |
| Maria Bennett | F | 55+ | 95 | 32.5 | 42.5 | 87.5 | 162.5 ^{BR} | 109.2 |

Here's the Leg 2 results, now with 29 lifters and 12 teams. Welcome back to Rick Meldon who is still a force to be reckoned with!

Recognition to Rick Meldon, Steve Sherwood & Gary Ell for the top 3 in the Squat; Rick Meldon, Gary Ell & Mark Godleman for top 3 in the Bench Press; Michelle Ryder, Rick Meldon & Steve Sherwood for top 3 in the Deadlift; Steve Andrews, Gary Ell & Rick Meldon in the Crucifix.

Rick Meldon, Gary Ell & Steve Andrews are top 3 lifters overall & the top 3 Teams are Granby1, Castlemilk & Metamorfit 1. Finally a big well done to the rest of the lifters.

Top 3 lifters in the Power Set were: Rick Meldon, Steve Sherwood & Mark Godleman.

To date: top 3 lifters are still Steve Sherwood, Steve Andrews & Gary Ell; Top 3 teams remain Granby1, Castlemilk & Metamorfit 1.

Lifts for Leg4 are: Press, Snatch, Clean & Jerk and Abdominal Raise, to be done by the end of July.

